

# CARE CHRONICLE

Monthly Newsletter by ShardaCare - Healthcity





Dear Readers,  
We witness remarkable milestones every day - be it patient success stories, medical breakthroughs, or team achievements. It would be truly fulfilling to see these stories reach not only our internal stakeholders but also a wider audience. I encourage everyone to actively contribute to this initiative and help it flourish. I look forward to seeing this newsletter grow as a source of inspiration, collaboration and shared success.

## MR. RISHABH GUPTA

Managing Director  
ShardaCare - Healthcity & Sharda Hospital

Dear Readers,  
It gives me great pleasure to introduce Care Chronicles, our monthly newsletter. Through this initiative, we aim to share knowledge, celebrate care and strengthen our connection with you. We look forward for your active participation & showcase of your great work to make this newsletter a success.

## DR KOUSAR SHAH

Group Chief Executing Officer  
ShardaCare - Healthcity & Sharda Hospital



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## THE HEALING HANDS

### Restoring a Smile Across Borders: ShardaCare – Healthcity Performs Rare Total TMJ Replacement for Kenyan Patient

When 44-year-old Pt. Alice Wangui Muthoni from Nairobi, Kenya, began experiencing severe jaw dysfunction nearly 17 years ago, she could not have imagined the long road ahead. Following complications from a mandibular tumor, her condition progressively worsened, leaving her with restricted mouth opening, facial asymmetry and persistent, debilitating pain. After three previous surgeries elsewhere failed to resolve the issue-and even resulted in nerve damage Alice's quality of life was at an all-time low. Seeking a definitive solution, her journey for normalcy brought her to ShardaCare – Healthcity in Greater Noida, where she was placed under the expert care of Dr. Rohit Punga, Director & Unit Head - Cranio Maxillo Facial Surgery.

To address nearly two decades of suffering, Dr. Punga recommended a Right Extended Total

Temporomandibular Joint (TMJ) Replacement using a Patient-Specific Implant (PSI). This highly specialized procedure, available only at elite maxillofacial centers worldwide, involves using a custom-engineered implant to completely replace the jaw joint.

"TMJ replacement is among the rarest joint replacement surgeries in medicine," explained Dr. Rohit Punga. "Each case requires meticulous planning and precision, especially when the patient has a history of multiple failed surgeries. By using a customized, patient-specific implant, we were able to reconstruct the joint and restore functional movement. Our goal was to return both symmetry to her face and balance to her jaw mobility, giving Alice back the functions most of us take for granted."

The outcome was a life-changing success. Following the complex surgery, pt. Alice experienced an



Dr. Rohit Punga

improvement in her jaw mobility within a few weeks. For the first time in 17 years, she could chew, speak and perform daily activities without agonizing pain. Beyond the functional recovery, the restoration of her natural jawline and facial symmetry provided a massive boost to her confidence and emotional well-being.

The success of this treatment reflects the commitment of ShardaCare – Healthcity to providing world-class care to international patients through advanced technology. The hospital's use of 3D imaging and customized implants ensures that even the rarest craniofacial conditions can be treated with a high degree of success and safety.

Today, Pt. Alice is back on the road to a healthy and confident life. With her jaw function restored and her smile returned, she is deeply grateful to the team at ShardaCare – Healthcity. Her story is a powerful reminder that specialized expertise and modern medical innovation can overcome even the most chronic and complex conditions. Alice's journey stands as a beacon of hope for patients across the globe, proving that distance is no barrier to receiving world-class reconstructive care.



Dr. Rohit Punga with Pt. Alice Wangui from Kenya

## THE HEALING HANDS

### The Heart of a Hero: How Advanced Cardiac Surgery at ShardaCare-Healthcity Restored a Young Soldier's Future

When a 23-year-old Central Armed Police Force (CAPF) jawan began experiencing palpitations and breathlessness that interfered with his active duties, he knew his lifelong commitment to the uniform was at risk. Born with a congenital heart condition he had long pushed past, his symptoms had finally become impossible to ignore. A thorough evaluation at ShardaCare-Healthcity confirmed an **Ostium Secundum Atrial Septal Defect (ASD)**-a significant hole in the wall between his heart's upper chambers. For a young soldier, this diagnosis was more than a medical concern; it was a threat to his identity and his career. Fortunately, he was placed under the expert care of Dr. Akhil Kumar Rustagi, Senior Director & HOD - CTVS.

To ensure the fastest possible return to service, Dr. Rustagi recommended a **Minimally Invasive Cardiac Surgery** instead of traditional open-heart surgery. This advanced technique allowed the team to repair the defect through a small 5 cm incision in the right chest, avoiding the trauma of splitting the breastbone.

"For a soldier, the timeline of recovery is as critical as the surgery itself," explained Dr. Akhil Kumar Rustagi. "By opting for a minimally invasive approach, we were able to achieve total precision in repairing the heart while significantly reducing physical trauma. This allowed the patient to reclaim his physical endurance and his future in the forces far sooner than conventional surgery would permit."

The outcome was a testament to surgical innovation. Remarkably, the young jawan was off ventilator support within an hour of the procedure. He was moved out of the ICU in just three days and discharged by the fifth day-moving toward a full recovery at an extraordinary pace. While conventional recovery for



*This landmark case exemplifies our commitment at ShardaCare-Healthcity to providing technology-driven, patient-centric solutions.*



**Dr. Akhil Kumar Rustagi**  
Senior Director & HOD  
Department of CTVS

such a defect can take up to three months, the patient is now expected to return to active duty within just four weeks.

Today, the jawan is back on the road to a healthy life, preparing to rejoin his unit with a heart that is stronger than ever. His story is a powerful reminder of how early diagnosis and modern surgical techniques can do more than repair an organ-they can restore a person's purpose and dignity. His journey is not just a tale of medical recovery; it is a beacon of hope for those who refuse to let a health condition define their limits.

## THE HEALING HANDS



*In the face of an 'invisible enemy' like Rickettsial Meningoencephalitis, we cannot always wait for radiological proof; we must rely on sharp clinical judgment and decisive action.*

**Dr. Niraj Kumar**  
Senior Consultant  
Department of General Medicine

## Clinical Expertise Overcomes the "Invisible Enemy": A Life-Saving Triumph at ShardaCare-Healthcity

### Victory Over a Rare, Life-Threatening Brain Infection

ShardaCare-Healthcity recently celebrated a remarkable clinical victory by successfully treating 29-year-old Pt. Veer Bahadur, who was battling Rickettsial Meningoencephalitis—a rare and aggressive brain infection. The case presented a profound diagnostic challenge because, despite the patient's rapidly deteriorating neurological state and his descent toward a coma, repeated MRI scans showed no visible abnormalities. Facing an "invisible enemy" that had already failed to respond to treatment at other institutions, the multidisciplinary team at ShardaCare-Healthcity relied on sharp clinical judgment and decisive action to save a young life.

Rickettsial Meningoencephalitis is a dangerous condition where an insect-borne fever spreads to the brain, causing severe inflammation and swelling. Because its non-specific symptoms closely mimic common infections and often leave no radiological footprint, it is frequently underdiagnosed until permanent damage or death occurs. Upon admission, the patient was experiencing extreme confusion, liver failure and a rapid loss of consciousness & the patient was shifted to the ICU, and multidisciplinary team support, including neurology inputs, were sought by Dr. Atampreet Singh, Senior Director & Head, Department of Neurology.

As the patient was placed on ventilator support, the medical team initiated an aggressive, "360-degree" treatment protocol. This involved a high-intensity "pulse" of intravenous steroids to combat brain swelling, combined with a full spectrum of antibiotics, antivirals and specialized medication specifically targeting rickettsial infections. While the first several days of the battle showed no signs of improvement, the team's persistence

and meticulous supportive care eventually paid off. On the seventh day, the patient began to respond, was successfully weaned off the ventilator and has since moved toward a steady recovery.

Dr. Niraj Kumar noted that this case serves as a critical reminder of the importance of acting on clinical deterioration even when advanced technology like an MRI appears normal. He emphasized that early, aggressive intervention is often the only thing standing between a full recovery and irreversible brain damage.

## THE HEALING HANDS

### ShardaCare-Healthcity has successfully preformed Deep Brain Stimulation Surgery (DBS) in Greater Noida

ShardaCare-Healthcity has achieved a major milestone with the successful completion of its First Deep Brain Stimulation (DBS) surgery for a patient suffering from Parkinson's disease. The procedure was performed by Dr. Ravindra Shrivastava, Senior Consultant Department of Neurosurgery marking a significant advancement in neurological care.

Deep Brain Stimulation is a highly specialized and precise neuromodulation procedure that involves stereotactic placement of microelectrodes into the subthalamic nucleus, a critical structure involved in motor function. The surgery requires advanced imaging techniques and intra-operative neurophysiological monitoring to ensure accurate electrode placement and optimal patient outcomes.

The electrodes are connected to a rechargeable pulse generator, implanted subcutaneously in the left subscapular region. This device delivers continuous electrical stimulation to regulate abnormal neural activity, resulting in significant improvement in symptoms such as tremors, rigidity and bradykinesia.

While DBS is most commonly used in Parkinson's Disease, it is also an established treatment for other Movement Disorders including Dystonia and Essential Tremor, particularly in patients who do not respond adequately to medical therapy.

Beyond treating motor symptoms, the introduction of DBS at ShardaCare-Healthcity represents a shift towards personalized, technology-driven medicine. This procedure often allows patients to significantly reduce their dependency on heavy dosages of medication, which frequently carry burdensome side effects over long-term use. By fine-tuning the electrical impulses sent to the brain, clinicians can offer a tailored approach that adapts to the patient's evolving needs, providing a level of control that was previously unattainable.

As the hospital continues to expand its functional neurosurgery wing, this success serves as a cornerstone for future breakthroughs in treating neuropsychiatric conditions, chronic pain and epilepsy, ultimately elevating



*The successful execution of this complex procedure reflects the growing capabilities of ShardaCare-Healthcity in delivering advanced functional neurosurgery.*

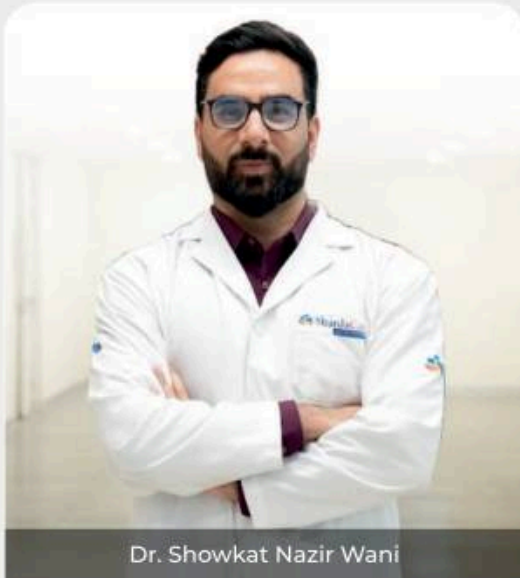
**Dr. Ravindra Shrivastava**  
Senior Consultant

Department of Neurosurgery, M.Ch - AIIMS

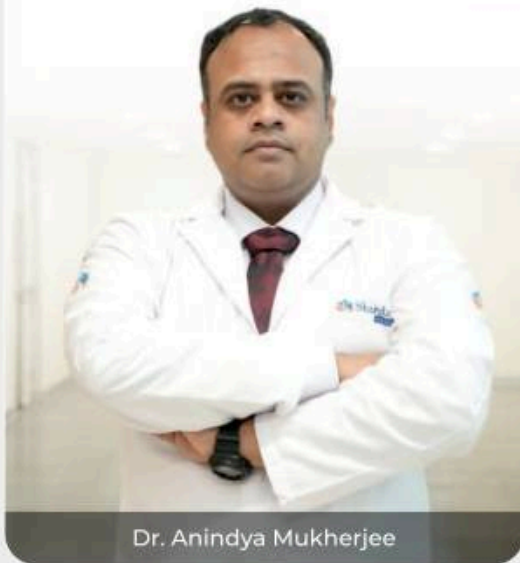
the standard of care and fostering a more resilient healthcare ecosystem for the local community.

This landmark surgery establishes ShardaCare-Healthcity as a centre equipped to provide cutting-edge neuromodulation therapies, opening new avenues for the treatment of complex neurological disorders and improving patient outcomes across the region.

## THE HEALING HANDS



Dr. Showkat Nazir Wani



Dr. Anindya Mukherjee

## How Early Detection at ShardaCare - Healthcity Restored a Life of Independence

When Pt. Sushila Devi from Meerut began experiencing persistent, burning back pain and progressive immobility in her arm, she initially dismissed the symptoms as a normal part of aging. However, as the pain radiated through her legs and began to interfere with her daily independence, she sought specialized care at ShardaCare-Healthcity. Her case presented a unique diagnostic challenge, while her symptoms mimicked a common slipped disc, conventional MRI scans showed thickened nerves without any bone compression. Recognizing that this was no routine spinal issue, she was placed under the multidisciplinary care of Dr. Showkat Nazir Wani, Consultant – Neurosciences and Dr. Anindya Mukherjee, Senior Consultant – Oncology.

To uncover the hidden cause, the team utilized advanced PET-CT imaging, which revealed abnormal metabolic "hotspots" in her liver and lymph nodes. This critical finding led to the diagnosis of Neurolymphomatosis—an exceptionally rare manifestation of Diffuse Large B-Cell Lymphoma (DLBCL) where aggressive blood cancer cells directly infiltrate the nervous system.

"Neurolymphomatosis often disguises itself as routine back or limb pain, making it incredibly difficult to detect," explained Dr. Showkat Nazir Wani. "Our focus was on identifying the hidden cancer that traditional scans missed. By bridging the gap between neurology and oncology, we were able to pinpoint the infiltration and stop the progression before it caused permanent neurological damage." Following the diagnosis, the patient immediately began R-CHOP therapy, a specialized protocol combining chemotherapy with targeted immunotherapy. The results were a significant clinical turnaround. The early initiation of treatment led to a gradual disappearance of the burning pain and the full restoration of movement in her arm. Within weeks, Pt. Sushila Devi regained her

strength and mobility, moving from a state of total immobility to living a pain-free, independent life.

"This case highlights the power of advanced diagnostics," added Dr. Anindya Mukherjee. "Early use of PET-CT imaging was critical in reversing the patient's symptoms. It allowed us to move beyond structural imaging and see the cellular activity of the lymphoma, enabling a timely intervention that saved her quality of life."

The success of this treatment reflects ShardaCare - Healthcity's commitment to clinical vigilance and the use of cutting-edge diagnostic technology. The hospital's ability to manage such rare, aggressive cancers through a coordinated, multidisciplinary approach ensures that even the most well-hidden conditions are identified and treated effectively.

Today, Pt. Sushila Devi is back to her daily routine, serving as a powerful reminder that persistent pain should never be ignored. Her story is a testament to how specialized expertise and advanced medical science can transform a life-threatening diagnosis into a journey of recovery and hope.

## MOMENTS OF EXCELLENCE

North India's  
Largest  
BMT Centre

# ShardaCare - Healthcity Launches State-of-the-Art Bone Marrow Transplant Centre

Inaugurated by  
**Hon'ble Shri Brajesh Pathak**  
Deputy CM & Health Minister, Uttar Pradesh

ShardaCare - Healthcity has achieved a historic pinnacle in advanced medical care with the official launch of its state-of-the-art Bone Marrow Transplant (BMT) Centre. The facility was inaugurated on March 24<sup>th</sup>, 2026, by Hon'ble Shri Brajesh Pathak, Deputy Chief Minister and Minister of Health & Family Welfare, Government of Uttar Pradesh. This inauguration represents a transformative leap for the healthcare landscape of Greater Noida, bringing world-class, life-saving specialized care directly to the heart of the community.



The new centre is uniquely equipped to handle a vast spectrum of complex blood disorders for both paediatric and adult patients. Under the expert leadership of Dr. Pawan Kumar Singh, Vice Chairman Department of Haemato-Oncology & BMT, the facility offers advanced treatment for Leukemia, Lymphoma, Multiple Myeloma and inherited conditions like thalassemia and sickle cell disease. Beyond standard procedures, the centre specializes in high-risk cases, including matched unrelated donor and Haploidentical Transplants, as well as cutting-edge CAR-T cell therapy and Autologous BMT for Autoimmune Diseases such as Multiple Sclerosis.

Reflecting on this achievement, Shri P.K. Gupta, Chairman & Founder, Sharda Group, said: "With the launch of North India's largest Bone Marrow Transplant Centre, we are taking a decisive step towards building a future-ready healthcare ecosystem. This facility reflects our commitment to making highly specialized, life-saving treatments like BMT accessible at scale, while setting new benchmarks in clinical excellence and patient care."

Shri Y.K. Gupta, Vice Chairman, Sharda Group, added: "The establishment of this advanced BMT Centre strengthens ShardaCare Healthcity's position as a leader in tertiary care. By combining cutting-edge technology with expert medical teams, we aim to deliver superior transplant outcomes and bring world-class hematology care closer to patients across North India."



## SHARDACARE IN MOTION

### Pagri Ceremony & Health Talk

ShardaCare-Healthcity recently hosted a vibrant Pagri Ceremony and Health Talk, blending cultural tradition with proactive wellness. The event served as a platform to honor our community while providing vital medical insights from our leading specialists. The session featured an engaging health talk by Dr. Vijay Kumar, Senior Consultant Department of Geriatric Medicine, who shared his 14+ years of expertise on healthy aging and managing wellness in later life. Following this, Dr. Kunal Raj Gandhi, Director - Department of Nephrology addressed the audience on the importance of kidney health, emphasizing early detection and preventive care for renal diseases.



The highlight of the event was the traditional Pagri Ceremony, where participants donned saffron turbans, symbolizing respect and community leadership. This celebration not only strengthened our bond with the local residents but also reinforced our commitment to making healthcare education accessible and culturally resonant.

At ShardaCare - Healthcity, we believe that informed communities are healthier communities. Events like these allow us to move beyond the clinical setting and engage with our patients as partners in their long-term health journey.

### ShardaCare - Healthcity Sponsors Annual Sports Meet at Supertech Czar



ShardaCare - Healthcity recently extended its commitment to health and community spirit by sponsoring the Annual Sports Event held at Supertech Czar, Omicron-1. The event brought together residents for a day of spirited competition, celebrating both athletic talent and the importance of an active lifestyle.

As a healthcare partner dedicated to the wellness of the National Capital Region, ShardaCare-Healthcity played a pivotal role in the ceremony. The highlight of the event was the prize distribution, where our expert doctors personally awarded trophies to the winners across various sporting categories. This interaction provided a unique opportunity for residents to engage with our clinical leaders in a celebratory, community-focused environment.

By supporting local initiatives like the Supertech Czar Sports Meet, ShardaCare-Healthcity continues to promote the message that preventive health and physical fitness are the foundations of a vibrant life. We congratulate all the participants and winners for their exceptional performance and sportsmanship.

## THE PRESS GALLERY



Scan here to read more

**Dr. Kousar Shah**  
Group CEO, ShardaCare - Healthcity & Sharda Hospital

**Publication - BW Healthcare World**

Dr. Kousar Shah highlights that in today's rapidly evolving healthcare landscape, access to information is no longer the challenge, access to accurate and reliable information is. With the growing influence of digital platforms, patients are often exposed to a mix of facts, opinions and misinformation, making it increasingly difficult to make informed health decisions. This is where evidence-based healthcare becomes critically important.



**Dr. Jagdish Chander**  
Senior Director, General Surgery  
ShardaCare - Healthcity

**Publication - Times of India**

Dr. Jagdish Chander emphasizes that early diagnosis is the key to defeating silent killers like gastrointestinal cancers and liver disease. He highlights that many serious conditions show no early symptoms, making regular screenings essential. By choosing proactive check-ups, patients can detect issues in their most treatable stages, ensuring faster recovery, lower costs, and significantly better long-term health outcomes.



Scan here to read more



Scan here to read more

**Dr. Anindya Mukherjee**  
Senior Consultant, Oncology  
ShardaCare - Healthcity

**Publication - BW Healthcare World**

Dr. Anindya Mukherjee warns young men not to ignore painless swelling, as it can be an early sign of testicular cancer. He emphasizes that awareness and early detection are life-saving, turning a serious diagnosis into a highly treatable condition with excellent recovery rates.



## THE PRESS GALLERY



**Dr. Vineet Kumar Gupta**  
Senior Director & Unit Head,  
Gastroenterology

**Publication – Times of India**

Dr. Vineet Bhardwaj explains that constant throat clearing is often "Silent Reflux" (LPR), where stomach acid irritates the throat without causing typical heartburn. He warns that ignoring this can lead to chronic inflammation or vocal cord damage.



**Dr. Waseem Ramzan Dar**  
Attending Consultant,  
Gastroenterology

**Publication – Times of India**

Dr. Waseem Ramzan Dar highlights that liver cirrhosis is a "silent killer" because it often shows no symptoms until the damage is advanced. He warns that modern sedentary lifestyles and poor dietary choices are rapidly increasing the risk of irreversible liver scarring.



**Dr. Akhil Kumar Rustagi**  
Senior Director & HOD,  
Cardiothoracic & Vascular  
Surgery

**Publication – The Indian Express**

Dr. Akhil Kumar Rustagi clarifies the critical difference between gas-related discomfort and a cardiac event. While gas pain is often sharp, localized, and shifts with movement, heart-related pain typically feels like a heavy pressure or squeezing that may radiate to the arms, neck, or jaw.



## THE PRESS GALLERY



**Dr Anil Sharma**  
Director,  
KTP & Urology

Publication – News18

Dr. Anil Sharma warns that habitual use of common painkillers can cause "silent" but permanent kidney damage by restricting blood flow. He stresses that unsupervised medication is a leading cause of chronic kidney disease.



**Dr Hemkant Verma**  
Senior Consultant & Unit Head,  
Surgical Oncology

Publication – News18

Dr. Hemkant Verma warns that frequent nosebleeds shouldn't be ignored, as they can be a hidden red flag for high blood pressure. He explains that hypertension weakens delicate nasal blood vessels, making them prone to rupturing under pressure



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## WELCOME ON BOARD

### **Dr. Malay Nandy, Senior Director & Head**

Department of Medical Oncology

Dr. Malay Nandy is a highly experienced Medical Oncologist with more than three decades of dedicated practice in the management of solid and hematological malignancies. He has held several senior leadership roles at leading cancer centers and multispecialty hospitals and is recognized for his depth of clinical expertise, academic contribution and commitment to comprehensive cancer care. At ShardaCare - Healthcity, he joins as Senior Director & Head - Medical Oncology, bringing extensive experience in advanced oncology management and team leadership.



### **Dr. Parveen Mendiratta, Director & Unit-Head**

Department of Surgical Oncology

Dr. Parveen Mendiratta is a highly accomplished Surgical Oncologist with over 14 years of extensive experience in managing complex cancer cases across multiple specialties. Known for his precision-driven surgical approach and patient-centric care, he specializes in advanced oncological procedures, including minimally invasive and organ-specific cancer surgeries. His multidisciplinary approach ensures comprehensive and personalized cancer treatment for improved patient outcomes.



### **Dr. Sanjeev Kumar Tuli, Associate Director**

Department of Surgical Oncology

Dr. Sanjeev Kumar Tuli is a skilled Surgical Oncologist with over a decade of experience in managing a wide spectrum of cancers through advanced surgical techniques. He is known for his expertise in minimally invasive and organ-specific cancer surgeries, with a strong focus on improving surgical outcomes and patient recovery. At ShardaCare - Healthcity, he joins as Associate Director - Surgical Oncology, bringing extensive experience in complex oncological procedures and multidisciplinary cancer care.



## WELCOME ON BOARD

### Dr. Ruchir Tandon, Senior Consultant

Department of Medical Oncology

Dr. Ruchir Tandon is an experienced Medical Oncologist with expertise in delivering comprehensive cancer care across solid tumors and hematological malignancies. With a strong background in chemotherapy, endocrine therapy, targeted therapy, immunotherapy, regional chemotherapy and advanced oncology practices, he is known for his patient-focused approach and evidence-based treatment planning. At ShardaCare - Healthcity, he joins as Senior Consultant, strengthening the institution's oncology services with broad clinical and academic experience.



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**DR. ANIL SHARMA**  
MBBS, MS, MCh, DNB, MNAMS  
Director  
Kidney Transplant & Urology

**DR. AHMED KAMAAL**  
MBBS, MS, DNB  
Director  
Kidney Transplant & Urology



**DR. CHIRAG TANDON**  
MBBS, MD (Internal Medicine)  
Director - Internal Medicine

**DR. KUNAL RAJ GANDHI**  
MBBS, MD, DM  
Director - Nephrology



**DR. TANMOY ROY**  
MBBS, MS, MCh  
Senior Consultant & HOD  
Plastic & Reconstructive Surgery

**DR. VIJAY KUMAR**  
MBBS, MD (Geriatric Medicine)  
Senior Consultant  
Geriatric Medicine





Healthier World Together



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Largest  
BMT Centre

### Why Choose ShardaCare - Healthcity?



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